Recipes

from the Tower Kitchen

Detroit Free Press

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About Tower Kitchen

Since 1933, when Tower Kitchen opened atop the Free Press Building, its food experts have been helping Michigan women make good things to eat.

Cooking methods have changed in the past 40 years and so has the location of Tower Kitchen — it's now on the 4th floor.

But more than ever, homemakers are kept up to date on food innovations and Tower Kitchen recipes are tested and re-tested.

In 1943, when war rationing had housewives scrimping, Tower Kitchen told them how to make the most of the contents of a No. 2 can.

Four decades later, Tower Kitchen still shows cooks how to add personal touches to prepared foods.

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Nifty Nibblers for "Bib and Tuckers"

SNACK MEAT BALLS

5⅓ oz. can evaporated milk (⅔ c)
2 t Worcestershire sauce
1½ oz. envelope dry onion soup mix
1 lb. ground round

1—Combine milk, Worcestershire sauce and dry onion soup mix and mix well. Allow to stand five minutes.

2—Add meat and mix.

3—Allowing about one tablespoon of meat mixture for each, shape into balls. (Mixture will be moist.)

4—Place on broiler rack and broil four inches below heat for 10 to 20 minutes, without turning. Serve with Spicy Sauce.

Makes 34 meat balls.

WINE CELLAR CHEESE

1/2 c dairy sour cream
2 t mace
1/2 plus 1/8 t salt
1/16 t cayenne pepper
1/4 c melted butter
2 to 3 T Sauterne
3/4 lb. Cheddar cheese, grated

1—Combine sour cream, mace, salt, cayenne and mix well.

2—Add butter and Sauterne and mix well.

3—Add cheese and beat until smooth.

4—Chill, covered about 24 hours to mellow.

Makes about three cups.

TANGY COCKTAIL SAUSAGES

1/2 c currant jelly
2 T horseradish
2 pkg. (8 oz.) cocktail sausages

1—Combine jelly and horseradish in saucepan and mix well.

2—Heat thoroughly; add sausages and simmer very gently, about 10 minutes.

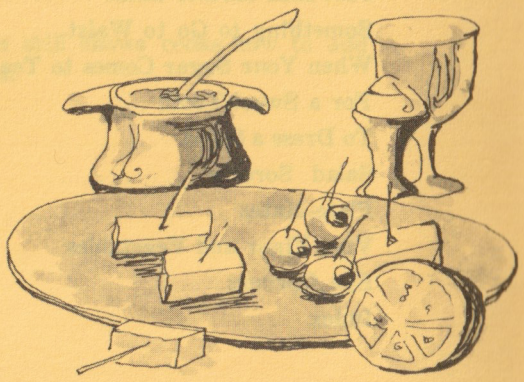
SPICY SAUCE

2 c catsup
1 c brown sugar
1 T Worcestershire sauce

1—Combine ingredients and mix well.

2—Cook and stir until hot and blended, about 10 minutes.

Makes about three cups.



SAVORY LIVER DIP

1 c dairy sour cream
1½ oz. envelope dry onion soup mix
3 oz. pkg. cream cheese
1 t steak sauce
2 drops hot pepper sauce
1/2 lb. liver sausage, cut into small pieces

1—Combine sour cream and dry onion soup mix and let stand about 15 minutes.

2—Beat cream cheese until fluffy; add steak sauce and hot pepper sauce and mix well.

3—Add sour cream mixture and mix.

4—Add liver sausage and mix well. Chill thoroughly.

5—Serve with crackers or snack rye bread.

Makes about 2 1/3 cups.

Wet and Cool--- Warm and Mellow

GLUHWEIN

1 qt. Burgundy wine
1 orange
1 lemon
6 whole cloves
6 inches of stick cinnamon
1/2 c sugar

1—Heat wine until very hot, but not boiling.

2—Pare peel from oranges and lemons and add peel to wine. Add cloves, cinnamon and sugar and stir until sugar is dissolved.

3—Simmer very gently about 10 minutes.

4—Serve hot in hot mugs.

Makes about four cups.

PINK PARTY PUNCH

6 pt. cranberry juice cocktail
1½ qt. orange juice
2½ c lemon juice
3 c pineapple juice
3 c sugar
1½ c water, chilled

1—Chill juices thoroughly.

2—Combine all ingredients and blend well. Pour over ice in punch bowl. Garnish as desired. Gin, bourbon or other liquor may be added to taste.

Serves 50.

WASSAIL

1 gal. apple cider
1 c brown sugar
6 oz. can frozen lemonade concentrate
6 oz. can frozen orange juice concentrate
1 T whole cloves
1 T whole allspice
1 t nutmeg
2 c brandy or 1 c vodka and 1 c brandy (optional)
24 cinnamon sticks

1—Combine cider, sugar, undiluted lemonade and orange juice.

2—Tie cloves and allspice in cheesecloth bag and add to cider mixture. Add nutmeg.

3—Simmer, covered, about 20 minutes.

4—Remove and discard spice bag. If desired, add brandy or vodka and brandy combination.

5—Serve in hot mugs with cinnamon stick swizles.

Serves 24.

KIDDIE KOOLER

2 cans (6-oz. each) frozen lemonade concentrate, thawed
5 bottles (7-oz. each) 7-Up, chilled

1—Combine undiluted lemonade and 7-up and mix well.

2—Serve over cracked ice cubes.

Makes about one and one-half quarts.

To Cook a Bachelor's Goose

BOHEMIAN POT ROAST

3 to 4 lb. beef chuck roast
2 T shortening
salt and pepper
2 cans (8 oz. each) tomato sauce
2 T dry onion soup mix (1/2 envelope)
1 t caraway seed
2 bay leaves

1—Brown roast in hot shortening. Drain excess fat from pan. Season to taste with salt and pepper.

2—Combine remaining ingredients and mix well; pour over meat.

3—Cover pan and continue cooking in a preheated 350°F oven about two and one-half to three hours or until meat is tender.

4—If necessary, skim excess fat from sauce and serve sauce over meat.

Serves six to eight.

BURGERS BURGUNDY

1 lb. ground round or chuck
1 t salt
1/4 t pepper
1/4 c minced onion
1 c Burgundy wine
2 T butter
4 oz. can mushrooms, drained

1—Combine beef, salt, pepper, onion and one-half cup of the burgundy and mix gently to combine ingredients.

2—Shape into four patties about one-half inch thick.

3—Cook in melted butter in large skillet, turning once.

4—Just before serving, add mushrooms to skillet and sauté lightly.

5—Pour remaining one-half cup Burgundy over meat and mushrooms and heat just to boiling point.

6—Place cooked meat on serving platter Spoon mushrooms and wine over meat Garnish with onion rings if desired.

Serves four.

BARBECUED PORK CHOPS

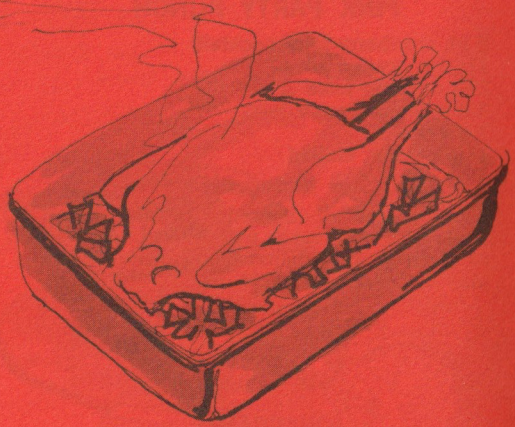
4 pork chops, 1-inch thick
2 T butter or margarine
1 c chili sauce
1/2 c water
3 T cider vinegar
1/4 c chopped onion
2 T brown sugar
1 beef bouillon cube
1 t dry mustard
1/4 t salt
4 drops hot pepper sauce

1—Brown chops in butter and place in shallow one and one-half quart baking dish.

2—Combine remaining ingredients and cook and stir until hot and bouillon cube is dissolved. Pour over chops.

3—Cover and bake in a preheated 350-degree oven about one hour.

Serves four.



OVEN FRIED CHICKEN

1 frying chicken, about 3 lb., cut,
1/2 c flour
1 t salt
1/4 t pepper
1½ t paprika
1/2 c melted butter or margarine

1—Wash and dry chicken.

2—Combine flour, salt, pepper and paprika.

3—Coat each chicken piece evenly with flour mixture.

4—Roll each chicken piece in melted butter.

5—Place chicken in single layer, skin side down in a greased shallow baking pan.

6—Bake in a preheated 400-degree oven, about one hour, turning once at the end of 30 minutes.

Serves four.

To Tame a Tiger

HAWAIIAN SPARERIBS

3 lb. country-style spareribs
9 oz. can crushed pineapple
1/2 c catsup
1/4 c vinegar
1 T soy sauce
3 T brown sauce
2 T cornstarch
1/2 t salt
1/2 t ginger

1—Cut ribs in serving-size pieces and place in a shallow baking pan.

2—Combine remaining ingredients and cook and stir until thickened.

3—Pour pineapple mixture over ribs. Cover and bake in a preheated 350-degree oven about two hours or until tender.

4—Uncover, spoon with sauce and bake 15 minutes longer to glaze slightly.

Serves four to six.

SAUCY PORK TENDERLOIN

2½ lb. pork tenderloin
1/2 c flour
1/2 t salt
1/8 t pepper
2 T butter or margarine
1/4 c minced onion
1/4 c minced celery
2 chicken bouillon cubes
1 c boiling water
4 oz. can mushroom slices, undrained
1 T Worcestershire sauce
1 T cornstarch
1/4 to 1/2 c cold water

1—Cut meat into six pieces and flatten slightly. Dredge in combined flour, salt and pepper.

2—Brown in butter. Add onion and celery and brown lightly.

3—Dissolve bouillon cubes in boiling water. Add mushrooms and Worcestershire sauce and mix. Pour over meat. Cook, covered, over low heat about one and one-half hours or until tender.

4—Place meat on serving platter. Skim excess fat from sauce. Dissolve cornstarch in cold water and add to sauce. Cook and stir until thickened and spoon over meat.

Serves four to six.

PEPPER STEAK

2 to 3 T oil
2-lb. round steak, cut into narrow strips
salt and pepper
1/2 c water
2 cans (1-lb. each) bean sprouts, drained
1 lg. onion, sliced and separated in rings
2 green peppers, cut into large sections
1/4 c soy sauce
1 T cornstarch
1 clove garlic, pressed
1/2 t salt, optional
1/16 t pepper
1/4 t ginger
1/4 t sugar
3-4 tomatoes, quartered

1—Heat oil in large skillet. Add meat and brown. Drain excess fat if necessary. Season to taste with salt and pepper. Add one-fourth cup of the water and cook, covered, over low heat, about 30 minutes or until tender.

2—Push meat into center of pan. Place bean sprouts in circle around meat. Cover bean sprouts with onions. Arrange peppers over top of onions.

3—Combine soy sauce, remaining one-fourth cup water, cornstarch, garlic, salt, pepper, ginger and sugar and mix well. Pour over vegetables in skillet. Cover and cook over low heat about 15 minutes or until crisp and tender.

4—Arrange tomatoes between peppers and cook, covered, about five minutes longer or until tomatoes are heated through.

Serves six.

BAVARIAN POT ROAST

3 to 4-lb. beef chuck roast
2 T shortening
salt and pepper
2 cans (8-oz. each) tomato sauce
1 T vinegar
2 T sugar
1 t salt
1 t cinnamon
1/2 t ginger
1 bay leaf
2/3 c chopped onion

1—Brown meat in hot shortening. Drain excess fat from pan if necessary. Season meat to taste with salt and pepper.

2—Combine tomato sauce, vinegar, sugar, one teaspoon salt, cinnamon, ginger, bay leaf and onion and mix well. Pour over meat.

3—Cover tightly. Bake in a preheated 350-degree oven about two and one-half to three hours or until meat is tender.

4—If necessary, skim fat from sauce and serve sauce over meat.

Serves six to eight.

When the Four O'Clock Bridge Club Plays till Five

NOODLED HAM QUICKIE

4 oz. can mushrooms
2 T butter or margarine
2 c cubed, cooked ham
1/4 c chopped onion
1/2 t salt (optional)
1/8 t pepper
1/4 t paprika
1/4 c chopped green pepper
1 c uncooked noodles (about 4 oz.)
1 c water
1/2 to 1 c dairy sour cream

1—Drain mushrooms; reserve 1/4 cup liquid.

2—Melt butter in large skillet; add ham, onion and mushrooms and brown lightly. Add salt, pepper, paprika and green pepper and mix.

3—Add noodles, water and reserved mushroom liquid. Cook, covered, over low heat about 20 minutes or until liquid is absorbed and noodles tender.

4—Add sour cream and cook, uncovered, about 5 minutes longer.

Serves four.

Note: 2 cans (7 oz. each) tuna fish, rinsed, drained and flaked may be used in place of 2 cups cubed, cooked ham.

ZIP QUICK SPAGHETTI

1 T olive oil
1 lb. ground beef
1 c chopped onion
3 c broken spaghetti pieces
4 c tomato juice
1 t salt
1 t garlic salt
1 t oregano
1/4 t anise seed
1/16 t black pepper

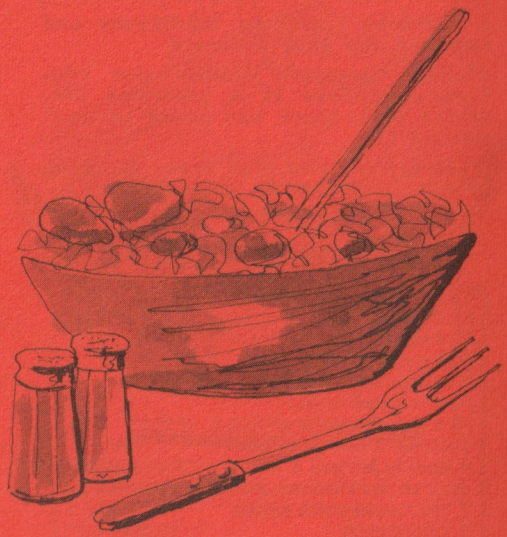
1—Place olive oil in large skillet, add ground beef and onion and brown.

2—Spread uncooked spaghetti pieces evenly over meat mixture.

3—Combine tomato juice and remaining ingredients and mix well. Pour evenly over meat mixture and mix.

4—Cook, covered, over low heat, about 30 minutes or until spaghetti is tender.

Makes 4-6 servings.



INSTANT CHICKEN AND RICE

2 T butter or margarine
2/3 c uncooked rice
4 oz. can mushroom stems and pieces, undrained
1½ oz. envelope dry onion soup mix
2 cans (7 oz. each) chicken
1½ c water

1—Melt butter in large skillet. Add rice, mushrooms with liquid and dry onion soup and mix well.

2—Add chicken and water and mix well.

3—Cook, covered, over low heat, about 30 minutes, or until rice is tender.

Serves six.

Dinner in a Dish

PARTY CASSEROLE

1½ lb. ground beef
1/2 c chopped onion
3 cans (8 oz. each) tomato sauce
1 t Worcestershire sauce
1 t salt
1/8 t pepper
1/8 t marjoram
1/8 t sweet basil
8 oz. pkg. cream cheese
1 c cream-style cottage cheese
1/4 c dairy sour cream
1/2 c sliced stuffed olives
8 oz. pkg. medium noodles, cooked

1—Brown ground beef and onion; drain excess fat from pan if necessary. Add tomato sauce, Worcestershire sauce, salt, pepper, marjoram and sweet basil and mix well. Simmer gently 10 minutes.

2—Beat cream cheese until fluffy. Add cottage cheese and sour cream and mix well. Add olives and mix gently.

3—Place one-half of the cooked noodles in a greased, shallow three-quart casserole. Cover with the cheese mixture. Top with remaining noodles. Spoon meat-tomato mixture evenly over noodles.

4—Bake in a preheated 350-degree oven about 50 minutes.

Serves eight to ten.

MIX AND MATCH CASSEROLE

3 c cooked rice
2 c cooked cut chicken, turkey, ham, pork or tuna
1 c sliced celery
4 oz. can sliced mushrooms, drained (reserve liquid)
10½ oz. can condensed cream of mushroom soup
1 T dry onion soup mix
1/4 to 1/2 t curry powder, optional
1/8 t pepper
1/2 c dairy sour cream

1—Combine rice, meat, celery and mushrooms in a greased one and three-fourth quart casserole.

2—Combine mushroom soup, dry onion soup mix, curry powder and pepper in saucepan. Cook and stir until blended and heated through. Add sour cream and mix well.

3—Pour over rice mixture in casserole and toss gently until thoroughly blended. If additional moisture is desired, add reserved mushroom liquid as needed.

4—Bake, covered, in a preheated 375-degree oven about one hour.

Serves four to six.

CHICKEN AND DRESSING BAKE

10½ oz. condensed cream of mushroom soup
2 c chicken broth
2 eggs, well beaten
8 oz. pkg. herb-seasoned stuffing
4 c cut, cooked chicken
1/2 c milk
3 T chopped pimiento, optional

1—Combine one-half of the soup with the chicken broth and mix well. Add eggs and mix gently. Add stuffing and mix until moistened. Spread in a greased shallow two-quart casserole.

2—Arrange chicken evenly over stuffing.

3—Combine remaining soup, milk and pimiento and pour over chicken.

4—Bake, covered, in a preheated 350-degree oven 45 to 55 minutes.

Serves six.

When the Pocketbook's Pooped

COMPANY HAM LOAF

2 eggs beaten
1/2 c milk
1 T prepared mustard
2 T catsup
1 T brown sugar
1/8 t pepper
1 c soft bread crumbs
1/2 c minced onion
4 c ground, cooked ham

1—Combine eggs, milk, mustard, catsup, brown sugar and pepper and mix well. Add bread crumbs and onion and mix. Allow to soak about five minutes.

2—Add ham to egg mixture and mix gently to combine ingredients thoroughly.

3—Spoon into a lightly greased baking pan 8 x 4 x 2 inches. Bake in a preheated 350-degree oven about 45 minutes.

4—Allow to cool five to 10 minutes in pan before serving.

Serves six.

PORCUPINE MEAT BALLS

1/2 c raw rice
2 T finely chopped onion
2 T finely chopped green pepper
1 t salt
1/2 t celery salt
1/8 t garlic salt
1 lb. ground beef
2 c tomato juice
2 T sugar
1 T Worcestershire sauce
1/2 t cinnamon
4 whole cloves

1—Rinse rice well and drain.

2—Combine rice, onion, green pepper, salt, celery salt, and garlic salt and mix well. Add ground beef and mix gently to combine ingredients.

3—Shape meat mixture into small firm balls, about two inches in diameter.

4—Combine tomato juice, sugar, Worcestershire sauce, cinnamon and cloves in large skillet and bring to a boil.

5—Place meat balls in tomato sauce. Cover tightly and cook over low heat about 50 minutes.

Serves five to six.

STUFFED GREEN PEPPERS

2 t salt
1 qt. boiling water
4 to 6 green peppers, cored and seeded
1 lb. ground beef
1/2 c chopped onion
2 to 4 T chopped green pepper
1/2 c rice, cooked
8 oz. can tomato sauce
1 t celery seed
1/4 t garlic salt
1/4 t pepper
2 c tomato juice
2 T sugar
1 T Worcestershire sauce
1/2 t cinnamon
4 whole cloves
1 to 2 bay leaves

1—Add one teaspoon of the salt to the boiling water. Place peppers in boiling water and simmer five minutes. Drain and cool slightly.

2—Brown ground beef. Add onion and chopped green pepper and brown lightly. Add cooked rice, tomato sauce, celery seed, remaining one-teaspoon salt, garlic salt and pepper and mix well.

3—Fill hollowed peppers with meat mixture.

4—Combine tomato juice, sugar, Worcestershire sauce, cinnamon, cloves and bay leaves and pour into a deep one and one-half quart or two quart casserole. Place filled peppers upright in casserole. Cover loosely with foil.

5—Bake in a preheated 375-degree oven about 35 to 45 minutes.

Serves four to six.

CHICKEN 'n RICE SKILLET

1/2 c flour
2 t salt
1 t paprika
1/8 t pepper
1 frying chicken, cut
2 to 4 T margarine
3/4 c rice
13¾ oz. can chicken broth
1 medium onion, sliced

1—Combine flour, one and one-half teaspoons of the salt, paprika, and pepper and coat chicken pieces well.

2—Slowly brown chicken in margarine over low heat.

3—Sprinkle uncooked rice evenly in skillet between chicken pieces.

4—Combine chicken broth and remaining one-half teaspoon salt and pour over chicken and rice. Cover with onion slices.

5—Cover and simmer gently over low heat about 40 minutes until chicken is tender and rice has absorbed broth.

Serves four to five.

Hook, Line and Sinker

CREOLE FILLETS

2 lb. frozen halibut fillets
salt and pepper
1 c chopped onion
1 c chopped green pepper
1 clove garlic, pressed
2 T oil
1 lb. 12 oz. can tomatoes
1½ t salt
dash cayenne
2 bay leaves, broken

1—Place frozen fillets in a shallow baking dish, 11½ x 7½ inches. Season with salt and pepper to taste.

2—Sauté onion, green pepper and garlic in oil. Add tomatoes, salt, cayenne and bay leaves. Pour over fillets.

3—Bake in a preheated 350-degree oven about 45 minutes or until tender.

Serves six to eight.

NEPTUNE CURRY

1/2 c sliced green onions
1/2 c sliced celery
2 T butter or margarine
10 oz. can frozen condensed cream of shrimp soup, thawed
1 t curry powder
1/2 t salt
1/8 t pepper
1½ c dairy sour cream
2 t cornstarch
1 T water
6½ oz. can crabmeat, rinsed, drained and flaked
5½ oz. can lobster, rinsed, drained and flaked

1—Sauté onions and celery lightly in butter. Add soup and cook and stir until smooth. Add curry, salt and pepper and mix well. Add sour cream and mix well.

2—Combine cornstarch and water; add to curry mixture and cook and stir until slightly thickened.

3—Add crabmeat and lobster and heat to serving temperature, about five minutes.

4—Serve in patty shells or on hot rice.

Serves four to six.

HERBED SALMON CASSEROLE

8 oz. pkg. seasoned, stuffing croutons
1 lb. can salmon, drained, boned and flaked
2 c grated, sharp Cheddar cheese
4 eggs
2 c milk
1/2 t Worcestershire sauce
1/2 t dry mustard
1 t salt
1/16 t pepper

1—Place one-half of the stuffing croutons in a greased eight-inch square baking pan. Cover with one-half of the salmon. Top with one-half of the cheese. Repeat layers.

2—Beat eggs; add milk, Worcestershire sauce, dry mustard, salt and pepper and mix well. Pour over salmon-crouton mixture.

3—Bake in a preheated 350-degree oven about 50 to 60 minutes.

Serves six.

Cheers for the Earl of Sandwich

CURRIED MUSHROOM CHEESE SANDWICH

1/2 c mayonnaise
1/2 t curry powder
2 c grated, processed American cheese
2 cans (4 oz. each) sliced mushrooms, drained
1 c sliced ripe olives
1/2 c sliced green onions
1/2 loaf French bread, cut lengthwise

1—Combine mayonnaise and curry powder and mix well. Add cheese, mushrooms, olives and onions and mix well.

2—Spread cheese mixture evenly on cut surface of bread.

3—Place on broiler rack and broil about five inches from heat for five to seven minutes or until lightly browned and heated through.

Serves four to six.

ITALIANO BURGERS

6 oz. can tomato paste
1 t salt
1/2 t garlic salt
1/2 t oregano
1/4 t pepper
1/4 t anise seed
1/4 c chopped onion
1 c grated Mozzarella cheese
1 lb. ground round or chuck
4 sandwich buns, split

1—Combine tomato paste, salt, garlic salt, oregano, pepper and anise seed and mix well. Add onion and cheese and mix. Add meat and mix.

2—Allowing about one-third cup meat mixture for each, spread evenly on bun halves.

3—Place on broiler rack and broil, five inches below heat, about 10 minutes or until browned. Serve immediately.

Serves four to eight.

BEANIE-WIENIE SANDWICH

1 lb. loaf French bread
2 T prepared mustard
8 oz. can baked beans, drained
1/3 c chopped onion
2 T brown sugar
1 c grated, processed, American cheese
6 wieners, halved lengthwise
12 strips processed American cheese
12 slices dill pickle

1—Cut bread into halves, lengthwise. Place half loaf on cookie sheet.

2—Spread mustard on cut side of bread.

3—Combine beans, onion and brown sugar; spread over mustard and sprinkle with grated cheese.

4—Place on broiler rack about 6 inches below heat. Broil about five minutes, or until cheese bubbles.

5—Place wieners, cut side up, on beans; top with cheese strips and pickle; broil five minutes longer. Cut and serve immediately.

Serves six.

Wild, Wacky and Wonderful

SAUERKRAUT CHOCOLATE CAKE

2 c sifted cake flour
1/2 c sifted cocoa
1¼ t soda
1 t baking powder
3/4 t salt
2/3 c butter
1 c sugar
3 eggs
1½ t vanilla
1 c water
1/2 c sauerkraut, rinsed, drained and coarsely cut

1—Combine flour, cocoa, soda, baking powder and salt.

2—Cream butter; add sugar and cream until fluffy.

3—Add eggs and vanilla and mix well.

4—Add sifted dry ingredients alternately with water to creamed mixture, blending smoothly after each addition.

5—Add sauerkraut and mix well.

6—Pour batter into greased pan 13 x 9 inches. Bake in a preheated 350-degree oven about 45 minutes. Cool and frost with fudgy chocolate frosting.

A PACKAGE OF THIS AND A CAN OF THAT COOKIES

1/2 c melted butter
1 c graham cracker crumbs
3½ oz. can flaked coconut
6 oz. pkg. semi-sweet chocolate bits
6 oz. pkg. butterscotch bits
1 c chopped nuts
15 oz. can sweetened condensed milk

1—Combine butter and cracker crumbs and press into bottom of a 13 x 9 inch pan.

2—Combine coconut, chocolate bits, butterscotch bits and nuts and sprinkle evenly over cracker crumb base.

3—Spoon sweetened condensed milk evenly over coconut mixture.

4—Bake in a preheated 375-degree oven about 25 minutes.

5—Cool about one hour. Cut into squares to serve.

Makes about four dozen.

WATERMELON PICKLE FRUIT CAKE

1 c sifted flour
3/4 c sugar
1 t baking powder
1/2 t salt
3 c pecan halves
1½ c cut watermelon pickles, drained
1 c halved maraschino cherries, drained
3 eggs
1 t vanilla extract

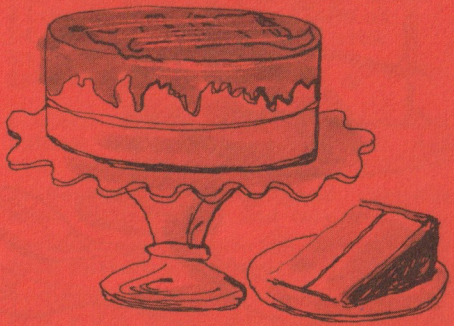
1—Grease bottoms and sides of two pans (8½ x 4½ x 2½ inches).

2—Mix and sift flour, sugar, baking powder and salt; add nuts, pickles and cherries and mix.

3—Beat eggs slightly; add vanilla.

4—Add flour mixture and mix until ingredients are well combined.

5—Spoon batter into pans and bake in a preheated 300°F oven about 1 hour.



Instant Success

DOUBLE LEMON PUDDING CAKE

1 lb. 3 oz. pkg. lemon cake mix
4½ oz. pkg. instant lemon pudding mix
3/4 c water
3/4 c salad oil
4 eggs, well beaten

1—Combine and mix cake mix and instant pudding mix.

2—Add water, salad oil and eggs. Beat three to four minutes with electric mixer at high speed.

3—Pour into a well greased 10-inch bundt pan or tube pan. Bake in a preheated 350-degree oven about 50 minutes.

4—Cool 10 minutes in pan; remove from pan and cool completely on wire cooling rack. Serve frosted or topped with whipped cream. (Cake and pudding mix flavors may be substituted as desired.)

WHIPPED POTS de CREME

2 c whipping cream
3¼ oz. pkg. instant chocolate pudding mix
2 to 4 T rum or brandy, optional

1—Add cream to pudding mix and mix until smooth. Add liquor and mix well.

2—Chill, covered, about two hours.

3—Beat with electric mixer until fluffy. Spoon into demitasse cups or parfait glasses. Chill. (Pudding and liquor flavors may be substituted as desired.)

Serves six.

RASPBERRY WHIP

6 oz. pkg. raspberry flavored gelatin
2 c boiling water
1 pt. raspbery sherbet
10 oz. pkg. frozen raspberries, thawed
whipped cream

1—Dissolve gelatin in boiling water; add sherbet and stir until melted and thoroughly combined.

2—Chill until slightly congealed. Then beat until fluffy.

3—Add raspberries and mix.

4—Spoon into eight parfait glasses and chill until set, about four hours. If desired, serve garnished with whipped cream.

Serves eight.

Just Like Mother Made

APPLE-MINCE PIE

9 in. unbaked pastry shell
2 c prepared mincemeat
3 c sliced, pared apples
1/3 c sugar
1 T lemon juice
1/2 c flour
1/2 c sugar
1/4 c butter

1—Spread mincemeat in pastry lined pie plate.

2—Combine apples, one-third cup sugar and lemon juice. Spoon over mincemeat.

3—Combine flour and one-half cup sugar. Cut in butter until fine crumbs form. Spoon evenly over apples.

4—Bake in a preheated 450-degree oven for 10 minutes. Reduce oven temperature to 325 degrees and bake about 45 minutes longer.

SURPRISE RHUBERRY KUCHEN

1 c sifted flour
1 t baking powder
1/4 t salt
2 T sugar
1/4 c butter
1 T milk
1 egg
3 c cut rhubarb
3 oz. pkg. strawberry-flavored gelatin
1/2 c sifted flour
1 c sugar
1/2 t cinnamon
1/3 c butter

1—Mix and sift one cup flour, baking powder, salt and two tablespoons sugar. Cut in one-fourth cup butter until coarse crumbs form.

2—Combine milk and slightly beaten egg; add to flour mixture. Press mixture into a greased eight-inch square pan.

3—Cover dough with rhubarb. Sprinkle gelatin evenly over rhubarb.

4—Combine one-half cup flour, one cup sugar, cinnamon and one-third cup butter and mix to form small crumbs. Sprinkle evenly over rhubarb.

5—Bake in a preheated 375-degree oven about 45 minutes.

OLD FASHIONED BUTTERMILK CAKE

3 c sifted cake flour
1½ t baking powder
1/2 t soda
1/4 t salt
2/3 c butter
1¾ c sugar
3 eggs, separated
2 t vanilla
1 c buttermilk

1—Mix and sift flour, baking powder, soda and salt.

2—Cream butter, add sugar and cream until fluffy.

3—Add egg yolks, one at a time, beating well after each addition.

4—Add extract to buttermilk.

5—Add sifted dry ingredients alternately with buttermilk to creamed mixture, mixing just enough after each addition to keep the batter smooth.

6—Fold in stiffly beaten egg whites.

7—Pour batter into a greased pan 13 x 9 inches. Bake in a preheated 350-degree oven about 35 minutes. Cool. Frost with Butter Fluff Frosting.

BUTTER FLUFF FROSTING

1/2 c butter or margarine
1 t vanilla
2½ c confectioners' sugar
1 egg

1—With electric mixer, cream butter until fluffy. Add vanilla and mix.

2—Add about one-half of the confectioners'sugar and beat until well blended.

3—Add egg and beat well.

4—Add remaining confectioners' sugar and continue beating until fluffy and spreading consistency.

PUMPKIN NUT BREAD

3⅓ c sifted flour
2 t baking soda
1½ t salt
1 t cinnamon
1 t nutmeg
3 c sugar
3/4 c chopped nut meats
4 eggs
1½ c pumpkin
1 c salad oil
2/3 c water

1—Combine flour, soda, salt, cinnamon, nutmeg and sugar and mix well. Add nuts and mix.

2—Beat eggs slightly. Add pumpkin, salad oil and water and mix well.

3—Pour egg mixture all at once into flour mixture and blend until smooth.

4—Spoon batter into two greased pans, 10¼ x 3⅝ x 2⅝. Bake in a preheated 350-degree oven about one hour.

Something to Go to Waist

ALMOND WHIPPED CREAM

1 c heavy cream, whipped
1/4 t almond extract
1 t sugar

1—Combine ingredients.

NUT-CRACKER PIE

1/4 t cream of tartar
3 egg whites
1 c sugar
1 t baking powder
1 c chopped pecans
3/4 c graham cracker crumbs
1 pt. butter-pecan ice cream

1—Add cream of tartar to egg whites and beat until foamy.

2—Add sugar gradually and beat until stiff.

3—Add baking powder and beat well.

4—Fold in nuts and cracker crumbs.

5—Spread in a well-greased nine-inch glass pie pan. Bake in a preheated 350-degree oven about 30 minutes. Cool.

6—Cut into wedges and serve topped with ice cream.

Serves six to eight.

STRAWBERRY ANGEL TORTE

2 pkg. (3 oz. each) strawberry flavored gelatin
2 c boiling water
2 pkg. (10 oz. each) frozen strawberries, thawed
2 c heavy cream, whipped
10 inch angel food cake, broken into pieces

1—Dissolve gelatin in boiling water; add strawberries with liquid and mix gently.

2—Chill in refrigerator until slightly congealed. Then fold in whipped cream.

3—Loosely arrange a layer of cake pieces on the bottom of a lighted oiled 10-inch spring form pan or tube pan with removable bottom. Cover with gelatin mixture. Repeat layers until all of cake and gelatin mixture are used.

4—Chill until firm (6 to 8 hours).

5—Invert on serving plate. Spread Almond Whipped Cream over top and garnish with whole strawberries, if desired.

LEMON SCHAUM PIE

1/8 t salt
1/4 t cream of tartar
2 egg whites
1/2 c sugar
15 oz. can sweetened condensed milk
2/3 c fresh lemon juice
1 T grated lemon rind
1 c heavy cream, whipped

1—Combine salt, cream of tartar and egg whites and beat until foamy. Add sugar gradually and beat until stiff.

2—Spread on bottom and sides of a buttered nine-inch pie pan. Bake in a preheated 275-degree oven about 40 minutes. Cool.

3—Combine sweetened condensed milk, lemon juice and lemon rind and mix until well blended and thick. Fold in whipped cream.

5—Pour into cooled schaum shell and chill thoroughly (about 6 hours).

When Your Sugar Comes to Tea

CONFECTIONERS' SUGAR DROP COOKIES

2 c sifted flour
1 t soda
1/2 t cream of tartar
1/4 t salt
1 c butter
1 c confectioners' sugar
1 egg
1/4 c granulated sugar

1—Mix and sift flour, soda, cream of tartar and salt.

2—Cream butter, add confectioners' sugar gradually and cream until fluffy.

3—Add egg and mix.

4—Add sifted dry ingredients gradually and mix.

5—Allowing one tablespoon dough for each cooky, form into balls and dip in granulated sugar.

6—Place on ungreased baking sheets, then flatten to about ¼ inch in thickness with the bottom of a glass dipped in granulated sugar.

7—Bake in a preheated 350-degree oven about 10 minutes.

Makes about 3¼ dozen.

ANGEL KISSES

3 egg whites
1/2 t cream of tartar
2¼ c sifted confectioners' sugar
1 t almond extract
1 c angel flake coconut

1—Beat egg whites and cream of tartar until foamy.

2—Gradually add confectioners' sugar and beat until stiff peaks form.

3—Gently fold in almond extract and coconut.

4—Allowing one-half tablespoon batter for each cookie, drop on lightly greased baking sheets. Bake in a preheated 275-degree oven about 15 to 20 minutes.

Makes about five dozen cookies.

EGGNOG COOKIES

1 c butter
3/4 c sugar
2 t vanilla extract
2 t rum extract
1 egg
2 c sifted flour
2 t nutmeg
1/4 t salt

1—Cream butter; add sugar and cream until fluffy. Add vanilla and rum and mix. Add egg and mix.

2—Combine flour, nutmeg and salt. Add gradually to creamed mixture and mix well. Chill thoroughly.

3—Allowing one tablespoon dough for each cookie, shape into balls. Bake on ungreased baking sheet in a preheated 350-degree oven about 12 to 15 minutes. Cool.

4—Frost with Rum Frosting.

Makes about four dozen.

RUM FROSTING

1/4 c butter
1½ to 2 t rum extract
2 to 2½ c confectioners' sugar
2 to 3 T milk

1—Cream butter. Add rum and mix well.

2—Add confectioners' sugar gradually and beat until smooth and creamy. Add milk as needed. Continue beating until smooth and creamy.

For a Sweet Tooth

GINNY'S FOOLPROOF FUDGE

4½ c sugar
15 oz. can evaporated milk
2 pkg. (6 oz. each) semi-sweet chocolate bits
3 oz. unsweetened chocolate, cut in small pieces
7 oz. jar marshmallow creme
1 c chopped nuts

1—Combine sugar and milk in a four or six quart saucepan.

2—Heat quickly to boiling point, stirring constantly. Then boil five minutes stirring constantly.

3—Remove from heat; pour over combined chocolate bits, unsweetened chocolate, marshmallow creme and nuts and mix until well blended.

4—Pour into a buttered pan 13 x 9 inches. Cool thoroughly.

Makes about five pounds.

MARSHMALLOW PUFFS

36 large marshmallows
1½ c semi-sweet chocolate bits
1/2 c chunk style peanut butter
2 T butter

1—Line an 8-inch square pan with aluminum foil. Cover bottom with tightly packed marshmallows.

2—Combine chocolate bits, peanut butter and butter; melt and blend thoroughly over very low heat.

3—Pour chocolate mixture over marshmallows and work into spaces between marshmallows. Chill thoroughly. Invert and cut into small squares around marshmallows.

Makes about 36 pieces.

CARAMEL CRISP

1/4 c butter
1 T white corn syrup
1 c brown sugar
4 c Rice or Corn Chex

1—Melt butter in large skillet; add syrup and mix well; add brown sugar and mix.

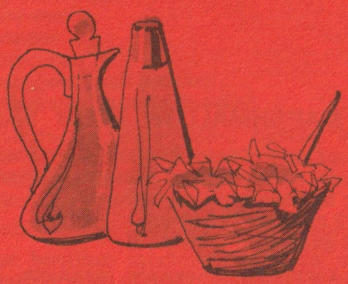
2—Cook, without stirring, until mixture is twice the original volume, then cook two minutes longer.

3—Add Chex all at once and toss lightly with fork until well coated.

4—Remove from heat and spread on a greased pan. Cool and separate into bite-size pieces.

Makes about five cups.

To Dress A Salad



SPICY FRENCH DRESSING

1 c salad oil
1 c catsup
3/4 c vinegar
3/4 c sugar
small onion, quartered
1 t Worcestershire sauce
1½ t salt
1/4 t garlic salt

1—Combine salad oil, catsup, vinegar, sugar, onion, Worcestershire sauce, salt and garlic salt in blender bowl.

2—Twirl in blender until all ingredients are well blended.

3—Chill thoroughly. Shake before using.

4—If blender is not available, grate onion; combine all ingredients in large jar and shake until well blended.

Makes about 3½ cups dressing.

ZESTY VINEGAR AND OIL DRESSING

1/4 c salad oil
1/3 c tarragon vinegar
1/3 c sugar
2 t salt

1—Combine all ingredients and blend well.

2—Chill thoroughly. Shake before using.

Makes about two-thirds cup dressing.

DELUXE ROQUEFORT SALAD DRESSING

1/3 c evaporated milk, well chilled
1/2 c cream cheese, softened
1 c mayonnaise
1 c crumbled Roquefort cheese, (4 oz.)

1—Whip milk until light and fluffy; add cream cheese and whip until smooth.

2—Add mayonnaise and mix.

3—Fold in Roquefort cheese. Chill.

Makes 2⅓ cups.

HOT BACON SALAD DRESSING

6 slices bacon, diced
1/4 c reserved bacon drippings
1/4 c vinegar
2 T sugar
1/2 t salt
1/8 t freshly ground black pepper

1—Fry bacon until crisp and set aside. Reserve one-fourth cup drippings.

2—Combine reserved bacon drippings, vinegar, sugar, salt and pepper and simmer gently over low heat until sugar is dissolved and ingredients combined (about three minutes).

3—Pour immediately over crisp salad greens, spinach, endive, etc.

4—Sprinkle with crisp bacon pieces. Makes enough dressing for six cups fresh greens.

Makes about one-half cup dressing.

Salad Sorcery

SAUERKRAUT SALAD

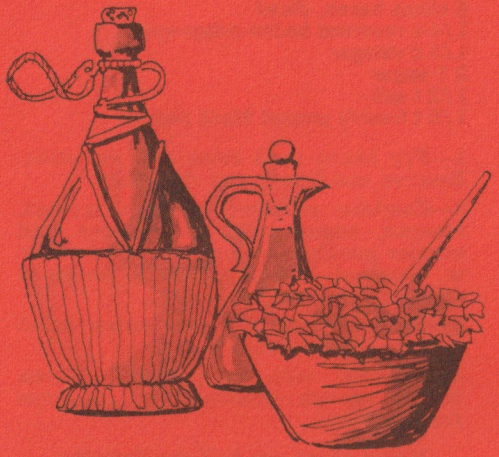
1 lb. 11 oz. can sauerkraut, drained
1 c chopped celery
1 c chopped green pepper
1/4 c chopped onion
1/2 c salad oil
1/4 c vinegar
1 c sugar
1/2 t salt

1—Combine sauerkraut, celery, green pepper and onion in large bowl.

2—Combine salad oil, vinegar, sugar and salt and mix well. Pour over sauerkraut mixture and toss well.

3—Chill, covered, about four hours.

Serves eight.



MARSHMALLOW FRUIT SALAD

13 oz. can pineapple chunks, drained
11 oz. can mandarin oranges, drained
1 c miniature marshmallows
1/2 c toasted coconut
1 c dairy sour cream

1—Combine pineapple, oranges, marshmallows and coconut in large bowl.

2—Add sour cream and toss gently to combine.

3—Chill thoroughly, about four hours.

4—Serve garnished with additional coconut, if desired.

Serves six.

PORT WINE CHERRY SALAD

1 lb. can dark sweet pitted cherries
2 pkg. (3 oz. each) black cherry flavored gelatin
1 c boiling water
1 t unflavored gelatin
1 T cold water
3/4 c reserved cherry juice
2 c port wine

1—Drain cherries and reserve juice.

2—Dissolve cherry flavored gelatin in boiling water.

3—Soak unflavored gelatin in cold water and dissolve in hot cherry gelatin mixture.

3—Add reserved cherry juice. Cool to room temperature.

4—Add port wine. Chill until slightly congealed.

5—Add cherries and mix gently. Pour into a lightly oiled four and one-half cup ring mold. Chill until firm.

Serves six to eight.

MACARONI BUFFET SALAD

4 c cooked maraconi
1 c julienne ham or 7 oz. can tuna, rinsed drained and flaked
1/2 c cubed, processed, American cheese
10 oz. pkg. frozen peas, cooked and drained
4 hard-cooked eggs, sliced
1 c sliced celery
1/4 c sliced green onion
1/2 c dairy sour cream
1/2 c mayonnaise
1/3 c sweet pickle relish
1 to 1½ t salt
1/4 t pepper

1—Combine macaroni, ham, cheese, peas, eggs, celery and onion and toss gently with a fork.

2—Combine remaining ingredients and pour over macaroni mixture. Toss gently. Chill thoroughly.

Serves ten.

Plate-Mates

TOASTED ALMOND RICE

1 chicken bouillon cube
1/4 c butter
1/4 c water
1½ T grated onion
1½T soy sauce
1/8 t pepper
3 c cooked rice
1/4 c snipped fresh parsley
1/2 c silvered almonds, toasted

1—Combine bouillon cube, butter and water and cook and stir until bouillon is dissolved and butter melted. Add onion, soy sauce, pepper and mix.

2—Combine rice, parsley and almonds.

3—Pour bouillon mixture over rice and toss gently until evenly blended. Spoon into a one-quart casserole.

4—Bake, covered, in a preheated 375-degree oven about 30 minutes or until heated through.

Serves four.

SAVORY SPINACH-RICE SQUARES

4 eggs
3/4 c milk
1/4 c melted butter or margarine
1/2 c finely chopped onion
2 T dry parsley flakes
1 t Worcestershire sauce
1½ t salt
1/2 t thyme
1/2 t nutmeg
2 pkg. (10 oz. each) frozen, chopped spinach, cooked and drained
2 c cooked rice
2 c grated processed American cheese

1—Beat eggs; add milk, butter, onion, parsley, Worcestershire sauce, salt, thyme and nutmeg and mix well.

2—Combine spinach, rice and cheese and toss gently.

3—Add egg mixture and toss gently until evenly moistened.

4—Pour into a greased, shallow two-quart baking dish. Bake in a preheated 325-degree oven about one hour. Cut into squares to serve. Excellent served with baked ham or roast pork or veal.

Serves eight.

PARTY POTATO PUFF

8 oz. pkg. cream cheese
4 c hot mashed potatoes
1 egg, beaten
1/3 c minced onion
1/4 c chopped pimiento, optional
1 t salt
1/16 t white pepper

1—Beat cream cheese until fluffy. Add potatoes and beat until thoroughly blended and fluffy.

2—Add egg, onion, pimiento, salt and pepper and mix well.

3—Spoon into a lightly buttered one-quart casserole. Bake in a preheated 350-degree oven for 45 minutes. Serve at once.

Serves four to six.

SOUPER SCALLOPED POTATOES

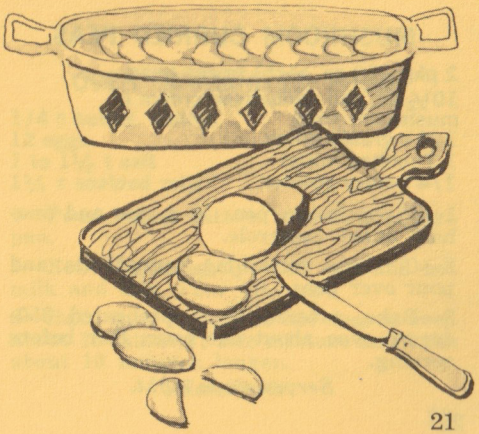
10½ oz. can condensed cream of mushroom or celery soup
1/2 c milk
1/2 c minced onion
1/2 t salt
1/4 t pepper
4 c sliced raw potatoes
paprika

1—Combine soup, milk, onion, salt and pepper and mix well.

2—Place one half of the potatoes in a one and one-half quart casserole. Cover with one-half of the soup mixture. Repeat layers.

3—Bake, covered, in preheated 375-degree oven for one hour. Uncover and bake 15 minutes longer. Serve sprinkled with paprika.

Serves four to six.



Vim, Vigor and Vegetables

SWEET POTATOES AMBROSIA

1½ qt. sliced cooked sweet potatoes
1/2 fresh lemon, sliced thin
1 fresh orange, sliced thin
9 oz. can crushed pineapple, undrained
1/2 c brown sugar
1/2 c melted butter
1/2 t salt
1/2 c flaked coconut

1—In a shallow two-quart casserole, arrange one-half of the potatoes. Cover potatoes with lemon and orange slices. Top with remaining sweet potatoes.

2—Combine pineapple, brown sugar, butter and salt and pour over potatoes. Sprinkle evenly with coconut.

3—Bake in a preheated 350-degree oven about 30 to 40 minutes.

Serves six to eight.

MUSHROOM CURRIED PEAS

2 pkg. (10 oz. each) frozen peas
10½ oz. can condensed cream of mushroom soup
1/4 c grated onion
1 T melted butter
1/4 t curry powder

1—Place frozen peas in a one and one-half quart casserole.

2—Combine remaining ingredients and pour over peas.

3—Bake, covered, in a preheated 350-degree oven about one hour. Stir before serving.

Serves six to eight.

SESAME BROCCOLI

1 lb. fresh broccoli
2 T salad oil
2 T soy sauce
1 T vinegar
2 T sugar
2 T toasted sesame seed

1—Cook broccoli in boiling salted water until crisp-tender, about 10 minutes. Drain and keep warm.

2—Combine salad oil, soy sauce, vinegar and sugar and heat to boiling point.

3—Pour hot sauce over hot broccoli, turning spears to coat. Sprinkle with sesame seed. Serve immediately.

Serves four to five.

GINGERED CARROTS

1 lb. carrots, peeled and quartered
3 T butter, melted
1/2 t ginger
1/2 T sugar
minced parsley

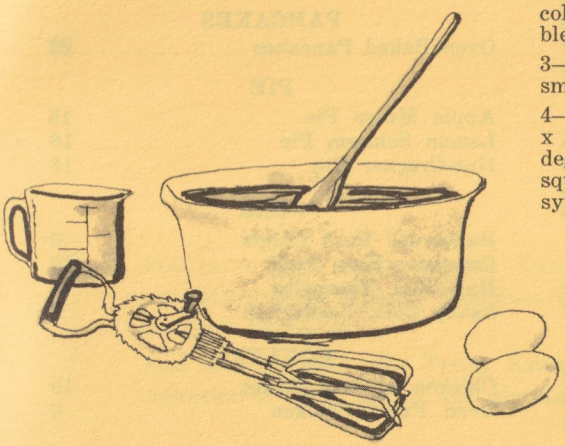
1—Cook carrots in boiling salted water until crisp-tender; drain.

2—Combine butter, ginger and sugar; mix and heat thoroughly. Pour over hot carrots, turning carrots to coat evenly.

3—Garnish with minced parsley.

Serves four.

Eye Openers



OVEN BAKED PANCAKES

2 c sifted flour
2 T sugar
4 t baking powder
1 t salt
3 eggs
1½ c milk
3 T melted butter or margarine

1—Mix and sift flour, sugar, baking powder and salt into large bowl.

2—Beat eggs until thick and lemon colored; add milk and melted butter and blend.

3—Add to flour mixture and mix until smooth. Do not over mix.

4—Pour into greased pan, 15½ x 10½ x 1 inch. Bake in a preheated 450-degree oven about 15 minutes. Cut in squares and serve immediately with syrup, honey or preserves.

Serves ten.

SOUR CREAM STREUSEL COFFEE CAKE

2 c sifted flour
1¼ t baking powder
1 t baking soda
1/2 t salt
1/2 c butter
1 c sugar
2 eggs
1 t vanilla extract
1 c dairy sour cream

1—Mix and sift flour, baking powder, soda and salt.

2—Cream butter, add sugar gradually and cream until fluffy.

3—Add eggs, one at a time, and beat well after each addition. Add vanilla.

4—Add sifted ingredients alternately with sour cream to creamed mixture, mixing just enough to keep the batter smooth.

5—Spread half of batter in a greased nine-inch square pan and sprinkle with half of Streusel. Spread remaining batter carefully over top and sprinkle with remaining Streusel.

6—Bake in a preheated 350-degree oven about 30 to 35 minutes. Serve warm or cool.

STREUSEL

1/3 c brown sugar
1/4 c granulated sugar
1 t cinnamon
1 c chopped nuts

1—Combine ingredients.

OVEN SCRAMBLED EGGS

1/4 c butter, melted
12 eggs
1 to 1½ t salt
1¼ c scalded milk

1—Pour butter into a nine-inch square pan.

2—Beat eggs slightly; add salt and hot milk and mix. Pour into pan.

3—Bake in a preheated 350-degree oven about 15 minutes; stir mixture and bake about 10 minutes longer.

Serves six.

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